



COMPONENTS OF THE MEDICAL THREAT

- Heat Injuries.
- Cold Injuries.
- Arthropods and Other Animals of Medical Importance.
- Poisonous plants & Toxic Fruit.
- Food & Water Borne Disease & Illness.
- Personal Hygiene, Physical, & Mental Fitness.
- Noise.
- Toxic Chemical, NonNBC Related.

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PREVENTIVE MEDICINE MEASURES (PMM)

PMM are simple, common sense actions that any soldier can perform and every leader must know to guard against the medical threat.

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- Plan for the Heat. Obtain and use heat condition information.
- · Allow personnel to acclimate.
- Ensure adequate water supplies. Know location of water distribution points.
- Ensure trained medical support.
- Recognize risks during MOPP operations.
- · Modify wear of uniform

VG-A-26



COLD INJURIES

- Plan for the Cold. Obtain and use cold condition information.
- As tactical situation permits, provide: Covered vehicles, Cold Weather Clothing, Laundry services, Warming Tents, Hot Rations, and Drinking Water.

VG-A-27



- Inspect soldiers for:
 - Availability, proper fit, and wear of cold weather gear.
 - Ensure soldiers have at least 5 pairs of socks.
- Frequently rotate personnel
- Ensure trained medical support is available.
- Initiate the "Buddy-System"
- Enforce PMM procedures



ARTHROPODS & OTHER ANIMALS of MEDICAL IMPORTANCE

- Obtain information on biting & stinging insects
- Use field sanitation teams
- Ensure sanitation supplies & equipment are available
- · Avoid handling snakes, insects, and animals
- Prevent attraction of insects
- · Do not permit "pets" in sleeping/eating areas.















PERSONAL HYGIENE

- Ensure soldiers use shower/bath facilities at least once daily.
- Inspect soldiers to ensure they have hygiene supplies.
- Ensure undergarments are cotton.
- Ensure uniforms fit properly.

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PHYSICAL FITNESS

- A physically fit soldier is less likely to be a combat loss from disease or injury.
- As a leader, you must be a positive role model for physical fitness by leading by example.

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Show your personnel you care about their;

- Welfare.
- Safety.
- Health.

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- Ensure best & safest water, food, equipment etc.
- · Educate soldiers.
- Know soldier's backgrounds.
- Mobilize support groups.
- Assign jobs to maintain balance.
- · Share the discomforts.

VG-A-39



- Reduce uncertainty.
- Keep soldiers briefed on mission & situation.
- Explain reasons for hardships, delays, and changes.
- Don't give false reassurances.
- Make contingency plans & follow unit SOP.
- Promote cohesion and impart pride in the unit.

Supervise Combat Service Support (CSS) Functions

During Platoon Operations
TSP151-ML1-0001

NOISE

- Identify existing noises.
- Do not allow personnel to remove hearing protection from aircraft or tracked vehicle helmets.
- Avoid unnecessary exposure.
- Limit necessary exposure.
- Clean, maintain, and ensure use of protection devices





prevent DNBI.

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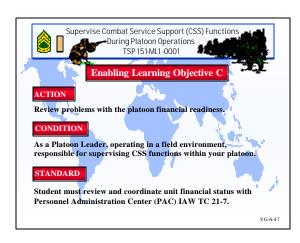
· Combat medic.



COMBAT LIFESAVER (Continued)

The Combat Lifesaver is a unit member, selected by the commander, for additional training to increase medical skills beyond basic first aid procedures.





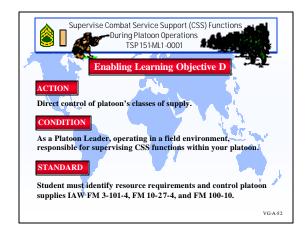


hardships during deployment.















- The Platoon Leader and Platoon Sergeant are responsible for ensuring platoon members conserve and wisely use platoon assets.
- Maintenance The Platoon Leader and Platoon Sergeant are responsible for ensuring platoon members:
 - Are trained in preventive maintenance procedures.
 - Have supplies to accomplish required maintenance.





